

ELBOWS-FLARED INCLINE ROW



Sets: 3

Reps: 10-12

Every row variation activates your rear delts a bit, because the rear delts help pull your upper arm behind your torso – but most rows don’t focus on the rear delts.

The elbows-flared incline row does.

It takes your lats (which drive many rows) out of play, and also eliminates excessive lower back involvement. Aim for 3 sets of 10-12 reps, and try to pause for a split second at the top of each rep. This is your best chance to hit your rear delts with heavy weight.

DUMBBELL REAR DELT FLY



Sets: 3

Reps: 12-15

You’ll need to go light on these, but they’re once again getting your elbows away from your torso to promote a strong rear delt squeeze.

Focus on keeping your torso as steady as possible; tighten your abs as you do this.

You won’t be able to go heavy, but you’ll still blast your rear delts.

Do 3 sets of 12-15.

INCLINE BENCH EXTERNAL ROTATION



Sets: 3

Reps: 10-12

This is the most scaleable of rear delt exercises. You can make it easier by raising the incline on the bench, harder by lowering it.

Aim to start with your shoulder blades squeezed, and your elbows just an inch below your shoulders.

Then focus on rotating your forearms upward so they’re in line with your torso.

Don’t be afraid to go super-light; work up to 3 sets of 10-12 quality reps.